

# **FOOTWEAR SOLE WITH A STIFFNESS ADJUSTMENT MECHANISM**

## **ABSTRACT OF THE DISCLOSURE**

The invention is an article of footwear having a sole comprised of one or more support elements formed of a resilient, compressible material. The support elements are designed such that the positions of one or more bands that encircle the exterior surface of the support elements may be altered such that the deflection characteristics of the support elements are changed. In order to facilitate the repositioning of the bands, the support element includes an access indentation defined by the exterior surface or flanges that are secured to each band.